

1 v 1 Alley Work

- Set up 10-15 yard alleys with cones on right and left side of the box and faceoff lines
- Goalies clear to Def and then Mid
- Def try to clear through channel, Att try to turn them back. Same with Mids
- If Def clears they get 1 point, if attack gets them out of channel they get 1 point.
- **Att need to focus on turning them back and lifting**

